

Prüfungsordnung Kempo Karate

| Kategorie | Technik | Kategorie | Technik | Kategorie | Technik | Kategorie | Technik | Kategorie | Technik |
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| | | | | | | | | | |
| Kihon | Tachi-Waza | Kihon | Uraken-Uchi | Kata | Kempo Shodan | Goshin | Selbstverteidigung | SV Umklammerung | |
| | | | Heisoku-Dachi | | Kempo Nidan | | | SV Handgelenkfassen | |
| | | | Hachiji-Dachi | | Kempo Sandan | | | SV Schwitzkasten (seitlich) | |
| | | | Kiba-Dachi | | Kempo Yodan | | | SV Schulterfassen | |
| | | | Zenkutsu-Dachi | | Kempo Godan | | | SV Reversfassen | |
| | | | Renoji-Dachi | | Kempo Rokudan | | | SV Würgeangriff (frontal) | |
| | | | Kokutsu-Dachi | | Kempo Sichidan | | | SV Würgeangriff (seitlich) | |
| | | | Ido-Ashi-Dachi | | Kempo Hachidan | | | SV Schlagwaffe | |
| | | | Mahanmi-Neko-Ashi-Dachi | | Kempo Kyudan | | | SV Unterarmwürger | |
| | | | Shiko-Dachi | | | | | SV Messerbedrohung | |
| | Tsuru-Ashi-Dachi | | | | SV Nelson | | | | |
| | Sagi-Ashi-Dachi | | Kombination 1 | | SV Schwitzkasten (vorne) | | | | |
| | Sanchin-Dachi | | Kombination 2 | | SV Messerstich | | | | |
| | Neko-Ashi-Dachi | | Kombination 3 | | SV Würgeangriff (am Boden) | | | | |
| | Uke-Waza | | Gedan-Barai | | Mikatsu-Geri | | | Kombination 4 | SV Würgeangriff (mit Stock) |
| Soto-Uke | | Yoko-Geri | Kombination 5 | SV Bodenlage mit Tritt | | | | | |
| Jodan-Uke | | Sokuto-Fumikomi | Kombination 6 | SV Schwitzkasten (am Boden) | | | | | |
| Uchi-Uke | | Mae-Hiza-Geri | Kombination 7 | SV Pistole | | | | | |
| Shuto-Uke | | Mawashi-Hiza-Geri | Kombination 8 | | | | | | |
| Morote-Uke | | Ushiro-Geri | Kombination 9 | 2 Gegner für 1 Minute | | | | | |
| Uchiharai-Uke | | Ura-Mawashi-Geri | Kombination 10 | 2 Gegner für 2 Minuten | | | | | |
| Juji-Uke | | Ushiro-Mawashi-Geri | Kombination 11 | 3 Gegner für 2 Minuten | | | | | |
| Sotoharai-Uke | | Nidan-Geri | Kombination 12 | 4 Gegner für 2 Minuten | | | | | |
| Haishu-Uke | | Kin-Geri | Kombination 13 | | | | | | |
| Uchiude-Nagashi-Uke | | Mae-Tobi-Geri | Kombination 14 | 1 x 1 Minute | | | | | |
| Shikake-Uke | | Mawashi-Tobi-Geri | Kombination 15 | 2 x 1 Minute | | | | | |
| Tettsui-Uke | | Ura-Mawashi-Tobi-Geri | Kombination 16 | 2 x 2 Minuten | | | | | |
| Hasami-Uke | | Fumikiri | Kombination 17 | | | | | | |
| Maki-Uke | | Yoko-Tobi-Geri | Kombination 18 | | | | | | |
| Teisho-Uke | Ushiro-Mawashi-Tobi-Geri | Kombination 19 | | | | | | | |
| Sukui-Uke | | Kombination 20 | | | | | | | |
| Kakiwake-Uke | | | | | | | | | |
| Tskui-Waza | Kobudo | Kihon | Hanbo | Renzoku-Waza | fest | Ukemi | Nage-Waza | Mae-Ukemi | |
| | | | Bo | | | | | Yoko-Ukemi | |
| | | | Shinai | | | | | Ushiro-Ukemi | |
| | | | Tonfa | | | | | De-Ashi-Barai | |
| | | | Bokken | | | | | O-Goshi | |
| | | Sai | O-Soto-Gari | | | | | | |
| | | Andyoko Hanbo Ichi | Andyoko Hanbo Ni | | O-Uchi-Gari | | | | |
| | | Andyoko Bo Ichi | Andyoko Bo Ichi | | Seoi-Nage | | | | |
| | | Andyoko Bo Ni | Andyoko Bo Ni | | Seoi-Otoshi | | | | |
| | | Andyoko Bo San | Andyoko Bo San | | Tai-Otoshi | | | | |
| | | Andyoko Tonfa Ichi | Andyoko Tonfa Ichi | Koshi-Guruma | | | | | |
| | | Andyoko Bokken Ichi | Andyoko Bokken Ichi | Yoko-Otoshi | | | | | |
| | | Andyoko Bo Yo | Andyoko Bo Yo | Sumi-Gaeshi | | | | | |
| | | Andyoko Sai Ichi | Andyoko Sai Ichi | Tani-Otoshi | | | | | |
| | | | | Ko-Uchi-Gari | | | | | |
| | | Kuchiki-Taoshi | | | | | | | |
| | | Tomoe-Nage | | | | | | | |
| | | Scherentechniken | | | | | | | |
| | | 50 Liegestützen | | | | | | | |
| | | 50 Kniebeugen | | | | | | | |
| | | 50 Situps | | | | | | | |
| | | 50 Seilspringen | | | | | | | |
| | | 5 Klimmzüge | | | | | | | |
| Bruch test | Kumite | Kata | Bruchtest Tsuki | Bruchtest Keri | Bruchtest Uchi | Extras | | | |
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